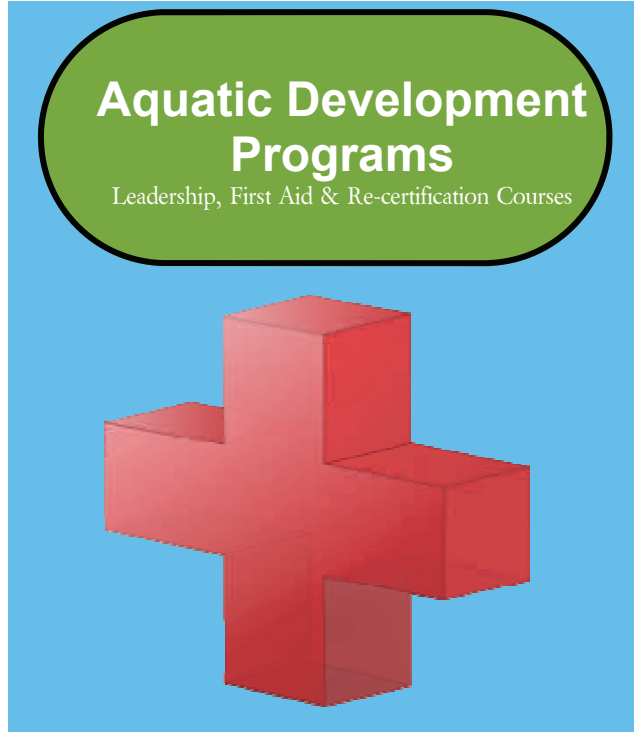




Portage Regional
Recreation Authority Inc.



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COURSE DATES & RATES

Emergency First Aid (EFA) February 12	9:00 am - 5:00 pm
Standard First Aid (SFA) April 14 & 15 May 15 & 17, 22 & 24	9:00 am - 5:00 pm 6:00pm - 10:00pm
Bronze Star March 3-May 12 (Saturday Mornings)	9:00 am - 10:30am
Bronze Cross February 24, 25 & March 2, 3	9:00 am - 6:00 pm
AWSI March 24, 25, 26, 27	9:00 am - 6:00 pm
WSI March 29, 30, 31	9:00 am - 6:00 pm
WSI Recertification April 17	5:00pm - 10:00pm
NLS March 2 & 9 March 3, 4, 10, 11	6:00pm - 10:00pm 9:00 am - 6:00 pm
Babysitter's Course April 13	9:00am - 5:00pm
Leadership Courses	Prices includes GST.
Bronze Star	Manual not included in cost \$99.28
Bronze Medallion	Manual not included in cost \$125.40
Bronze Cross	Manual not included in cost \$125.40
AWSI	Manual included in cost \$240.35
WSI	Manual included in cost \$209.00
LSI	Manual not included in cost \$312.40
NLS	Manual not included in cost \$297.83
Red Cross Babysitter's Course	\$52.25
* Includes manual and personal First Aid Kit	
First Aid Courses	
Red Cross First Aid (Emergency) new	\$94.05
Red Cross First Aid (Standard) new	\$118.09
*Includes manuals	
Re-certification Courses	
WSI & NLS	\$110.77
LSI	\$148.39
Red Cross First Aid (Emergency) new	\$65.84
Red Cross First Aid (Standard) new	\$67.93
Required Manuals & Materials	
Canadian Lifesaving Manual	\$40.00
Alert Lifeguarding in Action Manual	\$40.00
NLS Award Guide Manual	\$20.00
Bronze Family Award Guide Manual	\$25.00
Barrier Device	\$19.00
Whistle with Coil	\$10.00

We want YOU! Continue your training and work within the aquatic field. The progressions below will help guide you :

REDCROSS

Swim Kids 10

Assisted Water Safety Instructor (AWSI)
15 years old

Water Safety Instructor (WSI)
15 years old

LIFESAVING SOCIETY

Bronze Star (Optional)

Bronze Medallion (BM)
13 years old

Bronze Cross (BC)
14 years old

National Lifeguard Service Award (NLS)
16 years old

SUPPLEMENTARY COURSE

Lifesaving Society Instructor
- Swim for Life Course (LSI)

Swim Instructor + Standard First Aid + Lifeguard = THE POSSIBILITY OF A
GREAT JOB WITH THE PRRA

We have numerous opportunities for you to work in the Aquatic field. We look forward to helping you reach this goal. Please contact the Aquatic Program Supervisor for more information on classes and employment opportunities.

Have you ever wondered what it takes to be a lifeguard instructor or attendant? Well here's your chance to learn all about it! To get started, read about our positions and the minimum qualifications for a variety of aquatic job positions! Contact our Aquatic Manager to see how you can join our exciting team!



Lifeguard Instructor: Become a Lifeguard Instructor! An important job which emphasizes leadership, teamwork, and life skills. If you are interested in instructing the Bronze Medallion and Bronze Cross courses offered by the Lifesaving Society, you are required to also complete the Lifesaving Mega Course.

Requirements: 16 years of age, Standard First Aid, Bronze Cross, (NLS) National Lifeguard Service, and (WSI) Water Safety Instructor

Aquatic Attendants: Aquatic Attendants receive the public at the front gate and at the slide tower to ensure compliance to policy in an effort to maximize safe use of the facility. This is a great experience towards becoming a lifeguard!

Requirements: 15 years of age, Bronze Medallion, and Standard First Aid

FIRST AID COURSES

Emergency First Aid & CPR Course:

Simple First Aid & CPR techniques taught in an interactive environment, for individuals who want an overview of First Aid & CPR for the workplace or home. The course covers skills needed to recognize, prevent and respond to cardiovascular emergencies for Adults, CPR Level A, AED, and other topics such as choking, airway and breathing emergencies, and prevention of disease transmission. (8 hrs.)

Standard First Aid & CPR Course:

Comprehensive First Aid & CPR techniques for those who need training for work requirements, or who want more knowledge to respond to emergencies in the workplace or home. The course covers a variety of topics from basic (such as cardiovascular and breathing emergencies, CPR Level A, AED, prevention of disease transmission) to in-depth topics, such as sudden medical conditions and injuries to the head and spine. (16 hrs.)

LEADERSHIP COURSES

Bronze Star:

The Bronze Star award is the pre-Bronze Medallion training standard and it provides excellent

preparation for success in obtaining the Bronze Medallion award. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and as partners. They learn cardiopulmonary resuscitation (CPR), and they develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard.

Prerequisites: None.

Bronze Medallion (Emergency First Aid):

Bronze medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue - education - judgment - skill and fitness.

Learn tows, carries and release methods in preparation for rescues. You will learn to respond to complex situations involving conscious and unconscious victims with a possibility of an obstructed airway. Provides both theoretical knowledge and practical experience in the lifesaving techniques of rescue breathing and emergency care.

Prerequisites: Bronze Star or minimum of 13 years of age

Bronze Cross (Standard First Aid):

Bronze cross is designed for more advanced training including an introduction to providing safe supervision in aquatic facilities. Bronze cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork, and how to rescue spinal-injured, submerged and pulseless victims.

Prerequisite: Bronze Medallion

National Lifeguard Service (NLS)

(required to lifeguard in MB at 16 years of age): NLS builds on the skills, knowledge and values that the Lifesaving Society teaches in its Pre-Bronze and Bronze Medal awards to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measure of lifeguard performance in Canada, NLS education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

Prerequisite: Bronze Cross, Standard First Aid level C CPR and minimum of 16 years of age

Lifesaving Society Instructor—Swim for Life Course

(LSI): LSI prepares you to teach Lifesaving programs up to the Bronze Cross Level. This course will offer you skills in leadership, management, communication, and administration, as well as strengthen your lifesaving skills.

Prerequisite: Bronze Cross, Standard First Aid and minimum of 16 years of age

Assisted Water Safety Instructor Course (AWSI):

This certification course is a prerequisite to the Red Cross WSI Course and covers: the foundation of instructional skills including teaching methods, learning styles, physical principles, progressions, communication, safety supervision, and feedback. Candidates are evaluated during 8 hrs. of assistant teaching and through individual study assignments.

Prerequisite: Swim Kids 10 or equivalent and minimum of 15 years of age

Water Safety Instructor Course (WSI):

This course further develops instructional ability by focusing on how to apply the information learned in the AWSI Course to effectively plan and teach the Red Cross Swim continuum (Red Cross Swim Preschool, Red Cross Swim kids and AquaAdults programs). Candidates apply their teaching skills and knowledge during 12 hrs. of practical teaching experience.

Prerequisite: AWSI and minimum of 15 years of age

National Lifeguard Service (NLS) - WaterPark:

With the increasing popularity of multi-use facilities lifeguards need to be aware of the challenges a waterpark provides. The NLS-Waterpark certification builds on the skills, knowledge and values taught in NLS-Pool. Special attention is given to the skills required to safely supervise and effectively lifeguard specific waterpark features such as: slides, river rides, wave pools and other waterpark apparatus. This course is a welcome addition to a lifeguard's training.

Prerequisite: Current NLS Pool Certification

Red Cross Babysitter's Course:

This course focuses on teaching participants the essential skills needed to be a responsible child-care giver and which steps necessary to take in emergency situations. They will be armed with the proper knowledge and will feel confident when it comes to the needs and safety of children of all ages. Participants will receive a Canadian Red Cross Babysitter's certificate upon successful completion.

Prerequisite: Minimum of 11 years of age